TEMPEH AND EDAMAME NOODLE STIR-FRY

Packed with veggies, plant protein and taste!

COOKING TIME: 30 MIN

CALS 784 | PROT 38.7G | CARBS 89.5G | FAT 35.4G

TIPS FOR FUSSY EATERS

Separate a batch and keep it mild!

PRO TIP

Lightly toasted sesame seeds or peanuts are great add-ons!

INGREDIENTS	FOR 2	FOR 3	FOR 4	
Stir Fry				
Wheat Noodles	150	225	300	Grams
Tempeh	140	210	280	Grams
Olive Oil	1	1,5	2	Tbsp
Soy sauce	15	22	30	Grams
Red onion	1	1	2	Piece
Red bell pepper	1	1	2	Piece
Carrot	1	1	2	Piece
Small zucchini	1	2	2	Piece
Sugar snap peas	150	225	300	Grams
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Olive Oil	2	3	4	Tbsp
Hot sauce	10	15	20	Grams
Agave nectar	10	15	20	Grams
Shelled edamame	100	150	200	Grams
Salt	3/4	1	1 1/2	tsp
Pepper	1/2	3/4	1	tsp
To Serve				
Lime	1	2	2	Piece
Fresh coriander	20	30	40	Grams

1 COOK THE NOODLES

Bring a pot of **water** to a boil. Add **noodles** and cook for 3–4 minutes. Drain and submerge in cold **water** to prevent sticking. Set aside.

2 CUT AND FRY THE TEMPEH

Cut **tempeh** to very thin slices, then into small crumbles. Heat cooking **oil** in a pan over high heat. Add **tempeh** and fry for 6-8 minutes until browned and crispy. Add **soy sauce**, and set aside.

3 PREP THE VEGGIES

Peel and halve **onion**, cut to very thin slices. Cut **pepper** to thin strips. Peel and cut **carrot** to thin sticks. Cut **zucchini** to thin sticks. Slice **sugar snap peas**. Peel and mince **garlic cloves.** Peel and grate **ginger**.

4 STIR-FRY AND SERVE

Heat **oil** in a large pan over high heat. Stir-fry **onion**, **pepper** and **carrots** for 3–4 minutes. Add **zucchini, garlic** and **ginger**. Stir-fry for 2–3 minutes. Add **hot sauce, agave syrup**, drained **noodles**, **sugar snap peas, edamame** and **tempeh**. Stir-fry for 2–3 minutes. Season with **salt** and **pepper**. Divide the stir-fry to plates and top with **lime wedges** and chopped fresh **coriander.**